

### ABSTRACT OF THE DISCLOSURE

A portable, adjustable, pneumatic, lumbar support is provided, designed to allow a user with chronic or acute back pain to select and lie in a neutral lumbar position so as to decrease the pain in the lumbar area. When a user is positioned on the present invention, the inflatable bladder extends from the upper portion of the hamstring region of the leg to approximately the L-5 vertebrae, and is constructed such that inflation in the hamstring region causes a displacement greater than that of the buttocks region, allowing for more tilt of the lower spine.